

# **Crandell Swim Complex**



## **2006 Summer Programs**

**Sponsored by the City of Kingsburg  
Community Services Department**

## **LAP SWIMMING:**

**DESCRIPTION** = Any person over the age of 14 may swim with strict intent of swimming laps in a workout fashion. Swimmers must swim in designated lanes and swimmers must share lanes with other lap swimmers as needed. When multiple swimmers are sharing lanes swimmers must swim in circle swim order. Kickboards and pull buoys are available for use during lap swim sessions. Swimmers may bring in personal equipment.

**SCHEDULE**= Lap swimming will be made available to the public during the regular hours of operation, in conjunction with other scheduled programs. A minimum of two lap swim lanes will be available at all times.

**COST**= Lap swimmers can purchase a pass for \$2.00 per day or \$30.00 per month.

**BENEFITS** = The personal benefits of lap swimming are valuable and exceptional. Lap swimming is an excellent form of exercise for the entire body that produces greater muscular toning, increased endurance for the respiratory system, and improves cardiovascular health. Continued durational swim workouts produce physical results.

## **PUBLIC RECREATIONAL SWIM:**

**DESCRIPTION** = Public recreation swim is open to all groups during a designated time of day. The facility is equipped with diving boards, restrooms, showers, concession stand, picnic areas, sunning areas and spectator bleachers. Use of personal unsecured flotation devices is prohibited. Secured floatation devices must be approved by Pool Manager. Patrons must abide by all facility rules and staff instructions. Children under the age of 8 must be under the supervision of a parent or legal guardian. Children under the age of 6 may not enter the water alone, a parent or guardian must swim with them. Patrons must swim in designated areas only.

**SCHEDULE** = Recreation Swim hours of operation are Monday thru Sunday from 12:00 P.M. to 4:00 P.M. Patrons may enter and exit the facility during the hours of the recreation swim schedule.

**COST** = Recreation swim passes may be purchased for \$1.75 per day for children, \$2.25 per day for adults, \$35 a month for singles. Rates for family passes will be provided upon request.

**NOTE: EVERY PERSON WHO ENTERS THE FACILITY DURING PUBLIC SWIM PAYS ENTRANCE FEES.**

## **AQUA AEROBICS:**

**DESCRIPTION** = Any person over the age of 14 may enroll and participate in scheduled aerobics classes. Classes are divided into 4 sessions per month. Each session consists of three days a week an hour a day. Aquatics classes are much like traditional aerobics classes that are designed for water resistance workouts. Instructors play music and direct group fitness exercises in coordination with rhythm and desired condition results. Classes may be high intensity or low intensity depending on schedule. Use of personal aqua aerobic equipment such as flotation belts or hydrofit weights is permitted.

**SCHEDULE** = Classes are divided into three monthly sessions, Session 1 Monday, Wednesday, Friday 5:45 am to 6:45 am, Session 2 Monday, Wednesday, Friday 9:00 am to 10:00 am, Session 3 Monday, Wednesday, Friday 5:30 pm to 6:30 pm.

<b>SESSION 1 M/W/F 5:45-6:45 a.m.</b>	<b>LOW/HIGH IMPACT</b>
<b>SESSION 2 M/W/F 9-10:00 a.m.</b>	<b>LOW/HIGH IMPACT</b>
<b>SESSION 3 M/W/F 6:00-7:00 p.m.</b>	<b>LOW/HIGH IMPACT</b>

**COST** = Passes may be purchased for \$3.00 daily, \$30.00 for single monthly session and \$45.00 for unlimited monthly sessions

**BENEFITS** = Aqua aerobics is an excellent form of exercise that uses the combination of water resistance and bouncy. With continued participation benefits such as strength training, cardio-vascular endurance, and coordination development are achieved.

## **AQUA THERAPY:**

**DESCRIPTION** = Any person over the age of 14 may enroll in courses with the intent of participating in the aqua therapy program. The program is designed to provide therapeutic exercise for those patrons who may not be able to participate in other forms of exercise because of an existing injury or medical condition. Courses are similar to aqua aerobics classes in that they are lead by an instructor and may be set to music. Exercises are specifically designed to provide participants with low impact strength training and stretching. Kickboards and floats are available for use.

**SCHEDULE** = Session 1 Monday, Wednesday and Friday 8:00am to 9:00am. Each session is one month in length.

**COST** = Passes may be purchased for \$30.00 a month.

**BENEFITS** = Aqua therapy provides the participant with a therapeutic exercise that can produce long term health benefits.

## **RED CROSS SWIM LESSONS:**

**DESCRIPTION** = Any person may enroll in instructional courses offered by the Crandell Swim Complex. Courses range from “infant/parent” classes to “pre-swim team” level classes. Courses cover all ranges of swimming instruction. Red Cross courses work and standards are used in lesson planning and instruction. Two week sessions are held for ½ hour Monday thru Thursday. During class periods students will receive group instruction and individual attention. Students are required to wear swim suit attire only. Parents must view instruction from designated areas only. Instructional equipment is provided if necessary.

**SCHEDULE** = Lessons are scheduled between the hours of 9:00am and 12:00pm Monday thru Thursday for ½ hour sessions. Session 1 - 6/12 thru 6/22, Session 2 - 6/26 thru 7/6, Session 3 - 7/10 thru 7/20 and Session 4 - 7/24 thru 8/03

TIME	CLASS	CLASS	CLASS	CLASS
9-9:30	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
9:30-10	SWIMMER	TINY	SUPER	PARENT
10-10:30	LEVEL 1	LEVEL 2	LEVEL 3	SUPER
10:30-11	LEVEL 4	PARENT	ADV.BEG.	SUPER
11-11:30	LEVEL 1	SUPER	PARENT	LEVEL 2
11:30-12	LEVEL 3	LEVEL 1	TINY	PARENT

### **Session 5 (evening only)**

8/7 thru 8/17 Monday thru Thursday

5-5:30pm, 5:30-6pm, 6-6:30pm and 6:30-7pm

- PARENT AND TOT IS FOR PARENTS WITH CHILDREN BETWEEN 6 MONTHS AND 3 YEARS OF AGE. PARENTS AND TOT TOGETHER IN CLASS. FIRST-TIMERS.
- TINY TOT IS FOR CHILDREN BETWEEN 2 AND 4 YEARS OF AGE. FIRST-TIMERS.
- SUPER TOT IS FOR CHILDREN BETWEEN 2 AND 4 YEARS OF AGE. COMFORTABLE IN WATER, YET NOT READY FOR SWIM LESSON CLASS SETTINGS.
- LEVEL 1 IS FOR STUDENTS READY FOR SWIM LESSON CLASS SETTINGS, YET IS FIRST-TIME SWIMMER.
- LEVEL 2 IS FOR STUDENTS WHO HAVE PASSED LEVEL 1 SKILLS.
- LEVEL 3 IS FOR STUDENTS WHO HAVE PASSED LEVEL 2 SKILLS.
- LEVEL 4 IS FOR STUDENTS WHO HAVE PASSED LEVEL 3 SKILLS.
- ADVANCED BEGINNER IS FOR STUDENTS WHO HAVE PASSED LEVEL 4 SKILLS.
- SWIMMER IS FOR STUDENTS WHO HAVE PASSED ALL OTHER CLASSES. STROKE TECHNIQUE DEVELOPMENT AND SWIM TEAM PREPARATION.

**COST** = Lessons are \$40.00 per session, per child

**BENEFITS** = Swim lessons will teach the student basic survival skills, water safety and proper stroke development.

**NOTE:** *Full refunds will only be given if the child cannot participate due to medical reasons, all other refunds will be subject to a \$10 processing fee.*

## **JUNIOR LIFEGUARD PROGRAM:**

**DESCRIPTION** = Any person between the ages of 11 and 14 years of age can enroll in the Junior Lifeguard Program. This 4 week program is designed to introduce lifeguard and water safety procedures and skills. Participants will learn lifeguard rescue skills and important water safety information.

**SCHEDULE** = The 4 week program begins Monday, June 19<sup>th</sup>. 1 hour sessions will be held at the Crandell Swim Complex from 9am to 10am, Monday thru Friday.

**COST** = \$65.00 per participant

**BENEFITS** = Participants obtain the knowledge and skills needed to take a lifeguard certification course and obtain employment as a lifeguard.

## **POOL RENTALS:**

**DESCRIPTION - EXCLUSIVE USE PARTIES** = The Crandell Swim Complex can be rented out for private group use. Rental fees include the use of the following services, private use of the facility, 2 lifeguards and a picnic area with tables and benches.

**DESCRIPTION - NEW PICNIC AREA USE** = New this year is a fenced area available for picnics with smaller parties. This can be reserved during public swim for the following amount: 1-40 people \$30.00 for four hours plus pool entry fee.

**SCHEDULE** = Private rentals are scheduled on Saturdays from 5pm to 10pm and Sundays from 12pm to 10pm. Rentals are scheduled for a minimum of 2 hours.

<b>NUMBER IN GROUP</b>	<b># of Lifeguards</b>	<b>Cost Per Hour</b>
<b>1 TO 50</b>	<b>2</b>	<b>\$65</b>
<b>51 TO 75</b>	<b>2</b>	<b>\$75</b>
<b>76 TO 100</b>	<b>3</b>	<b>\$85</b>
<b>101 TO 150</b>	<b>3</b>	<b>\$130</b>
<b>151 TO 200</b>	<b>4</b>	<b>\$130 + 9.00 per lifeguard per hour</b>
<b>200 AND UP</b>	<b>4+</b>	<b>\$130 + 9.00 per lifeguard per hour</b>

## **TEAM RENTALS:**

**DESCRIPTION** = The Crandell Swim Complex can be rented out for Team Rental use. Team rentals are scheduled for both practice and meets. During the months of June thru August practice times are scheduled concurrently with pool programs. Swim meets are scheduled as exclusive use of the facility.

<b>NUMBER IN GROUP</b>	<b># of Lifeguards</b>	<b>Cost per hour</b>
<b>Team Rentals</b>	<b>To Be Determined Upon Request</b>	<b>\$32 for months heater is on \$25 for months heater is off \$9 per hr./per guard</b>

## **DIVE IN MOVIES:**

**DESCRIPTION** = Throughout the summer the Crandell Swim Complex will open the gates on Friday nights for evening swim. Enjoy a movie from the cool pool waters or from a lawn chair on the grass. The snack bar is open and admission is collected at the gate.

**SCHEDULE** = Specific dates and times to be announced.

**COST**= \$2.00 entrance fee per person, children 2 and under are free.

### **PROGRAM SCHEDULE AND FEES**

<b>PROGRAM</b>	<b>SCHEDULE</b>	<b>FEES</b>
<b>LAP SWIMMING</b>	<b>6:00 A.M. TO 4:00 P.M. MONDAY thru FRIDAY</b>	<b>2.00 PER DAY 30.00 PER MONTH</b>
<b>PUBLIC SWIMMING</b>	<b>12:00 P.M. TO 4:00 P.M. MONDAY thru SUNDAY</b>	<b>CHILDREN 12 &amp; UNDER 1.75/DAY ADULTS 13 &amp; OVER 2.25/DAY SINGLE 35.00 PER MONTH FAMILY PASSES AVAILABLE UPON REQUEST</b>
<b>RED CROSS SWIM LESSONS AND PRIVATE LESSONS</b>	<b>½ HOUR SESSIONS BETWEEN 9:00 A.M. AND 12:00 P.M. MONDAY thru TUESDAY EVENING SESSION 5:00 P.M. to 7:00 P.M. DATES TO BE ANNOUNCED</b>	<b>40.00 PER SESSION</b>
<b>JUNIOR LIFEGUARD PROGRAM</b>	<b>SESSION 1 Monday thru Friday 9:00a.m. to 10:00a.m.</b>	<b>\$65 per participant</b>
<b>AQUA AEROBICS</b>	<b>SESSION 1 M/W/F 5:45 A.M. TO 6:45 A.M. SESSION 2 M/W/F 9:00 A.M. TO 10:00 A.M. SESSION 3 M/W/F 6:00 P.M. TO 7:00 P.M.</b>	<b>3.00 PER DAY 30.00 PER SESSION 45.00 UNLIMITED PER MONTH</b>
<b>AQUA THERAPY</b>	<b>SESSION 1 M/W/F 8:00 A.M. TO 9:00 A.M.</b>	<b>30.00 PER SESSION</b>
<b>DIVE IN MOVIES</b>	<b>7:00 P.M. TO 10:00 P.M. July 2, 16, 30 and August 13<sup>th</sup></b>	<b>\$2.00 Entrance Fee Children Under 2yrs. Free</b>
<b>PRIVATE PARTY RENTALS</b>	<b>SATURDAY AND SUNDAY 5:00P.M. TO 10:00 P.M.</b>	<b>CALL 897-5328 FOR RESERVATIONS</b>
<b>PICNIC AREA</b>	<b>AVAILABLE DURING PUBLIC SWIM. MONDAY THROUGH SUNDAY 12:00 P.M. TO 4:00 P.M.</b>	<b>1-40 (MAXIMUM) PEOPLE \$30.00 FOR FOUR HOURS PLUS POOL ENTRY FEE</b>

**2006 SUMMER SEASON SCHEDULE**  
**WEEKLY SESSION BREAKDOWN**

<u><b>MONDAY</b></u>	<u><b>TUESDAY</b></u>	<u><b>WEDNESDAY</b></u>	<u><b>THURSDAY</b></u>	<u><b>FRIDAY</b></u>	<u><b>SATURDAY</b></u>
<b>Lap Swim</b> 6am to 7pm	<b>Lap Swim</b> 6am to 7pm	<b>Lap Swim</b> 6am to 7pm	<b>Lap Swim</b> 6am to 7pm	<b>Lap Swim</b> 6am to 7pm	
<b>Aqua Aerobics</b> 6am to 7am 9am to 10am		<b>Aqua Aerobics</b> 6am to 7am 9am to 10am		<b>Aqua Aerobics</b> 6am to 7am 9am to 10am	<b>Public Rec. Swim</b> 12pm to 4pm
<b>Aqua Therapy</b> 8am to 9am		<b>Aqua Therapy</b> 8am to 9am		<b>Aqua Therapy</b> 8am to 9am	
<b>Swim Lessons</b> 9am to 12pm	<b>Swim Lessons</b> 9am to 12pm	<b>Swim Lessons</b> 9am to 12pm	<b>Swim Lessons</b> 9am to 12pm		<b>Reserved for Private Pool Parties 5pm to 10pm</b>
<b>Junior Lifeguard Program</b> 9am to 10am	<b>Junior Lifeguard Program</b> 9am to 10am	<b>Junior Lifeguard Program</b> 9am to 10am	<b>Junior Lifeguard Program</b> 9am to 10am	<b>Junior Lifeguard Program</b> 9am to 10am	
<b>Public Rec. Swim</b> 12pm to 4pm	<b>Public Rec. Swim</b> 12pm to 4pm	<b>Public Rec. Swim</b> 12pm to 4pm	<b>Public Rec. Swim</b> 12pm to 4pm	<b>Public Rec. Swim</b> 12pm to 4pm	<u><b>SUNDAY</b></u> <b>Public Rec. Swim</b> 12pm to 4pm
<b>Seawolves</b> 4pm to 7pm	<b>Seawolves Swim Meets</b> 6pm to 9pm TBA	<b>Seawolves</b> 4pm to 7pm	<b>Seawolves Swim Meets</b> 6pm to 9pm TBA	<b>Seawolves</b> 4pm to 7pm	
<b>Aqua Aerobics</b> 6:00pm to 7:00pm		<b>Aqua Aerobics</b> 6:00pm to 7:00pm		<b>Aqua Aerobics</b> 6:00pm to 7:00pm	<b>Reserved for Private Pool Parties 5pm to 10pm</b>
<b>Swim Lessons</b> 5pm to 7pm (session 5 only)	<b>Swim Lessons</b> 5pm to 7pm (session 5 only)	<b>Swim Lessons</b> 5pm to 7pm (session 5 only)	<b>Swim Lessons</b> 5pm to 7pm (session 5 only)	<b>Swim Lessons</b> 5pm to 7pm (session 5 only)	
<b>Water Polo</b> 7pm to 9pm		<b>Water Polo</b> 7pm to 9pm			
<b>POOL CLOSSES AT 7PM</b>	<b>POOL CLOSSES AT 7PM</b>	<b>POOL CLOSSES AT 7PM</b>	<b>POOL CLOSSES AT 7PM</b>	<b>POOL CLOSSES AT 7PM</b>	